

JIM DAILEY FITNESS & AQUATIC CENTER

July Aerobics Schedule

Phone: 501-664-6976

Effective July 1, 2015



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	6:00AM to 7:00AM	Step Aerobics Bill	Cardio Sculpt Bernice	Step Aerobics Bill	Body Sculpt Bernice	Step Aerobics Bill	8:30 AM - 9:30AM Body Conditioning Ernest
	6:30AM to 7:30AM	Yoga Wesley		Yoga Cee Cee		Yoga Staff	
	9:00AM to 10:00AM	Total Body Blitz James	Zumba LaWanna	Body Clinic Ernest	Zumba LaWanna	Total Body Blitz James	
Midday	10:15AM to 11:00AM	Seniorcise Aerobics Staff		Seniorcise Aerobics Staff		Seniorcise Aerobics Kim	
	11:00AM to 11:30AM	Seniorcise Weights James		Seniorcise Weights Lee		Seniorcise Weights Kim	
	11:30AM to 12:00PM	Seniorcise Stretch /Tone James	Slow Vinyasa Yoga Tyler	Seniorcise Yoga Cee Cee	Slow Vinyasa Yoga Tyler	Seniorcise Stretch /Tone Kim	
	12:30PM					<i>THIS MONTH!</i> <i>July:</i> <i>Summer Seniors- Pickleball</i> <i>Tuesday, July 21st</i> <i>10:30am to 12:00pm</i> <i>UP YOUR SPORTS- Volleyball</i> <i>Thursdays 6:00pm</i> <i>COMING IN AUGUST!</i> <i>**Free Canoe Lessons and Trip!</i> <i>**Badminton Tournament!</i>	
Evening	4:45PM to 5:15PM		Beginner Body Sculpt Ryan		Beginner Body Sculpt Ryan		
	5:00PM	Bootcamp Ryan		Bootcamp Ryan			
	5:15PM to 6:00PM	Beginner Circuit Training Tyler (5:15pm-6pm)	Total Fit Sterling Body Conditioning Ryan	Beginner Circuit Training Tyler (5:15pm-6pm)	Total Fit Sterling Body Conditioning Ryan		
	6:00PM to 7:00PM	Step Aerobics Darrell Yoga Cee Cee	Hoopng & Step/Combo Beverly	Zumba LaWanna Yoga Staff	UP YOUR SPORTS (Volleyball) Staff		

- * Class/Instructors are subject to change. Schedule can be found online at www.lrpr.org.
- * Class must have a minimum of 3 participants within the first 10 minutes in order to be taught.
- * Body Conditioning will take the place for any class when another Instructor is asked to fill in and is unqualified to teach that class.